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EN

Heart Rate Monitor with Speed and Distance plus PC Connection

MODEL: SE833

USER MANUAL

CONTENTS

Introduction **2**
Package Items 2
Control Buttons **2**
Display **3**
Starting Your Watch (First Time) **3**
Setting Up Your Watch **3**
Set User Profile 4
Set Watch Profile 5
Set Exercise Profile 5
Wearing Chest Belt **8**
Pairing Device **9**
Pair With SZ909 Chest Belt (Or Other ANT-system Chest Belts) 9
Pair With ANT-system Foot Pod / Bike Pod 9
Input Bike Wheel Size (For Bike Pod) 10
Remove Paired Device 10
Calibrating Paired Device **11**
Calibrate By Running Or Walking 11
Calibrate By Inputting Parameter 12
Conducting Exercise **12**
Available Memory For Exercise 13
Device Search Before Exercise 14
Auto Toggle Data View During Exercise 14
Pause And Resume Exercise 14
Save Exercise Data 15
Exceed Heart Rate Limit 15
View Exercise Data During Exercise 15
Viewing Exercise Record **17**
View Exercise Record In Summary Record Page 17
View Exercise Record In Lap Record Page 18
Delete Memories 19
Knowing Your Fitness Index **19**
Other Operation And Setting **20**
Activate Backlight 20
Lock / Unlock Keypad 20
Set Alarm On / Off 20
Silence Alarm 20
Set Beep Tone On / Off 20
Replace Battery 21
Install Bike Mount 21
Useful Reference **22**
Target Zone 22
Bike Wheel Size 23
Connecting With PC Application Software **24**
PC Requirements 24
Synchronising SE833 Watch With PC Application Software 24
Water Resistance **26**
Specifications **26**
Precautions **27**
About Oregon Scientific **28**
EU-Declaration Of Conformity **28**
FCC (US) / IC (Canada) Statement **28**
Declaration Of Conformity 29

SE833 EN 11.indd 1 6/1/09 10:06:43 AM

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INTRODUCTION

Thank you for selecting the Oregon Scientific™ Heart Rate Monitor with Speed and Distance plus PC Connection (SE833). Apart from being an advanced heart rate monitor, this watch is also designed with PC compatibility to allow users to store exercise data for analysis and fitness management. Other functions such as speed and distance measurement, exercise timer with laps and exercise profiles are available for users to optimize their workout.

2.4GHz-ANT Sports System is used in this watch to achieve reliable transmission linkage with other devices such as chest belt, foot pod or bike pod.

IMPORTANT This watch is for sport purposes only and is not meant to replace any medical device.

Patent Notice: This product is protected by US Patent No. 7,237,446 (European Patent pending).

PACKAGE ITEMS

The package should include the following items:

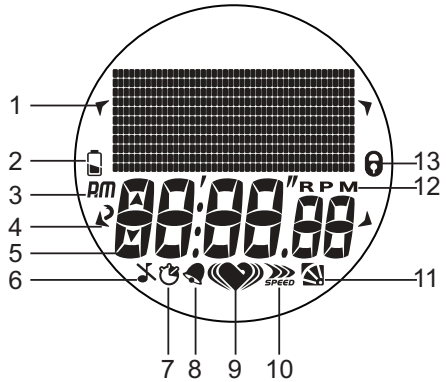
- 1 x SE833 watch
- 1 x SZ909 chest belt
- 1 x AD112 USB dongle
- 1 x AD108 application software CD
- 1 x bike mount (with 2 nylon cords)
- 2 x CR2032 3V lithium batteries (already installed in watch and chest belt)

CONTROL BUTTONS

1. **- / SP** : Toggle options; decrease value; pause/stop during exercise
2. **MODE** : Toggle modes; return to previous page
3. **SET** : Confirm settings; set alarm on/off in Time mode
4. / : Activate backlight; lock / unlock keypad
5. **ST / LAP / +** : Toggle options; increase value; mute/un-mute in Time mode

SE833 EN 11.indd 2 6/1/09 10:06:46 AM

DISPLAY



1. : Key to press indicator
2. or : Indicates battery power is low or empty
3. AM / PM: 12 hour clock
4. : Press the key to exit
5. : Indicates up / down or upper / lower limit
6. : Indicates beep tone is off
7. : Indicates exercise timer is activated
8. : Indicates alarm is on
9. : Indicates heart rate signal is received or heart rate chest belt is paired
10. SPEED : Indicates speed and distance signal is received or foot pod is paired
11. : Indicates bike and cadence signal is received or bike pod is paired
12. RPM : Resolutions per minute (unit of cadence)
13. : Indicates keypad is locked

STARTING YOUR WATCH (FIRST TIME)

After removing the watch from the package, activate it by pressing and holding **MODE** until the display is shown. The watch will prompt you to set your user profile.

SETTING UP YOUR WATCH

IMPORTANT

- To ensure accurate calculations with your exercise, you are strongly required to set the watch and user profiles before exercising.
- Remember to set the profiles after every battery replacement or reset.

NOTE When the watch is left idle for 30 seconds during set up, it will automatically exit.

SE833 EN 11.indd 3 6/1/09 10:06:52 AM

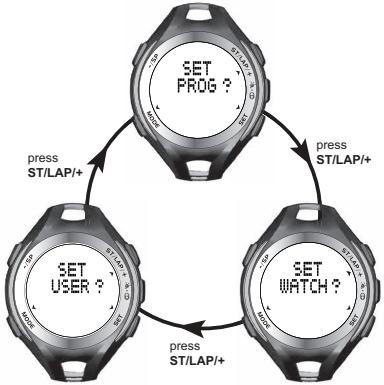
SET USER PROFILE

When prompted to set user profile after starting the watch the first time, the screen below will be shown. Go directly to step 4.

For normal setting procedure:

1. Press **MODE** repeatedly to select %SET.
2. Press **ST/LAP/+** repeatedly to select "**SET USER**".
3. Press **SET** to enter user profile setting options.
4. Press **ST/LAP/+** to select option, then press **SET** to confirm.
5. Continue setting your user profile according to the following order: year of birth, month of birth, day of birth, weight unit and weight value, by pressing the following buttons:
   - **ST/LAP/+** to increase value or select option
   - **-/SP** to decrease value
   - **SET** to confirm selected option
6. After your user profile is set, the screen below will be shown.

7. You can continue setting other profiles (watch or exercise profiles) by pressing **ST/LAP/+** repeatedly.



IMPORTANT Reset the user profile if the watch will be used by another person.

SE833 EN 11.indd 4 6/1/09 10:06:58 AM

SET WATCH PROFILE

1. Press **MODE** repeatedly to select SET.
2. Press **ST/LAP/+** repeatedly to select **"SET WATCH"**.
3. Press **SET** to enter watch profile setting options.
4. Press **ST/LAP/+** or **-/SP** to select the option to set: set alarm, set time, set date, set unit, set alert*****, set view******.
5. Press **SET** and start setting the selected option by pressing the following buttons:
   - **ST/LAP/+** to increase value or select option
   - **-/SP** to decrease value
   - **SET** to confirm selected option

***** During exercise, when the heart rate is out of the target zone, the watch will send out visual and sound alert. You can select to turn on/off the sound alert in the **"SET ALERT"** option. For details of target zone, refer to **"TARGET ZONE"** section in this manual.

****** During exercise, the watch will toggle display your exercise information. You can select to turn on/off the toggle display in the **"SET VIEW"** option.

SET EXERCISE PROFILE

IMPORTANT Reset the exercise profile if the watch will be used by another person.

You can select to set the default exercise profiles in the watch or to upload custom exercise profiles from the PC application software.

SET EXERCISE PROFILE IN WATCH

You can set the 3 default exercise profiles (Cardio, Run, Cycling) in the watch.

1. Press **MODE** repeatedly to select SET.
2. In "**SET PROG**", press **SET** to enter exercise options.
3. Press **ST/LAP/+** or **-/SP** to select the exercise to set: set cardio, set run, set cycling.
4. Press **SET** to confirm selection, then continue to set the profile***** of the selected exercise by pressing the following buttons:
   - **ST/LAP/+** to increase value or select option
   - **-/SP** to decrease value
   - **SET** to confirm selected option

***** The profile setting sequence is as follows:

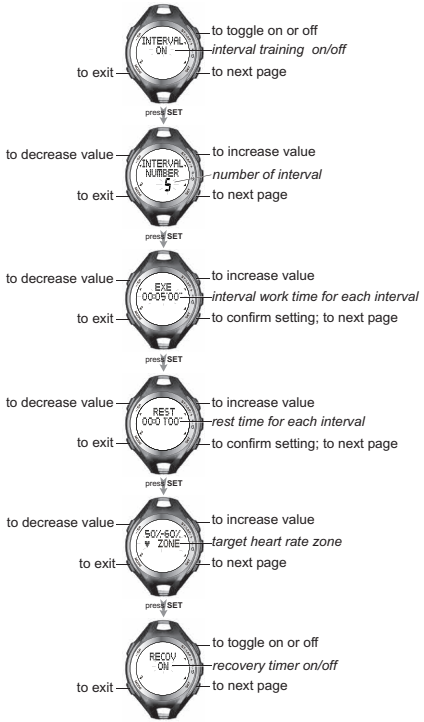
1. Warm up time

SE833 EN 11.indd 5 6/1/09 10:07:00 AM

2. Interval training on/off

2a If you set interval training to <u>on</u>, you have to set:

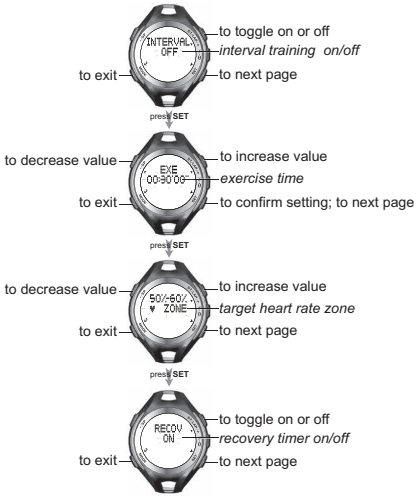
- ❖ Number of interval (2-5)
- ❖ Interval work time for each interval
- ❖ Rest time for each interval
- ❖ Target heart rate zone (1-5) [For details, refer to "**TARGET ZONE**" section in this manual]
- ❖ Recovery timer on/off



SE833 EN 11.indd 6 6/1/09 10:07:04 AM

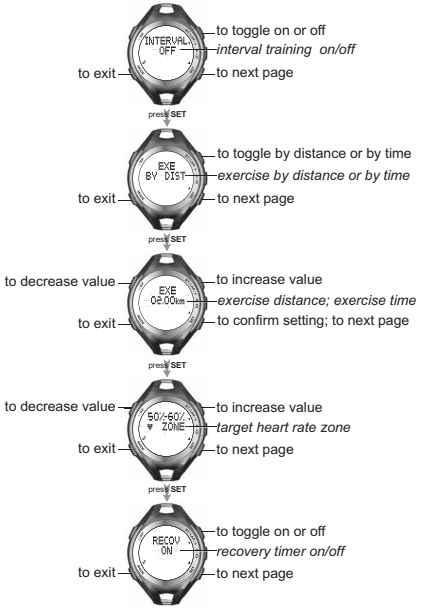
2b If you set interval training to off, you have to set (for Cardio setting only):

- ❖ Exercise time
- ❖ Target heart rate zone (1-5) [For details, refer to "**TARGET ZONE**" section in this manual]
- ❖ Recovery timer on/off



2c If you set interval training to off, you have to set (for Run and Cycling setting only):

- ❖ Exercise by distance or by time
- ❖ Exercise distance or exercise time
- ❖ Target heart rate zone (1-5) [For details, refer to "**TARGET ZONE**" section in this manual]
- ❖ Recovery timer on/off



SE833 EN 11.indd 7 6/1/09 10:07:10 AM

UPLOAD CUSTOM EXERCISE PROFILE FROM PC APPLICATION SOFTWARE

You can upload up to 3 exercise profiles from the PC application software to your watch with customised setting. But you cannot modify the settings of the uploaded exercise profiles through the watch, you can only modify them through the software.

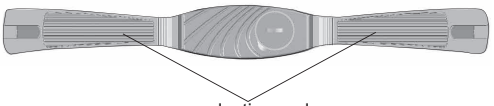
For more details about uploading custom exercise profiles from software to the watch, refer to "**SYNCHRONISING SE833 WATCH WITH PC APPLICATION SOFTWARE**" in this manual.

For more details about modifying the custom exercise profiles in the software, refer to "**CREATE OR MODIFY USER PROFILE / DEVICE SETTING**" in the **PC Application Software User Guide** inside the CD-ROM.

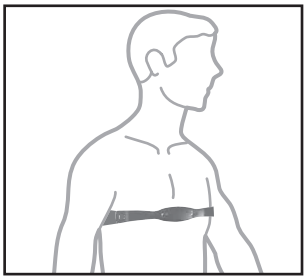
NOTE If no custom exercise profile is uploaded from the software to the watch, the watch will only display its default exercise profiles.

WEARING CHEST BELT

1. Wet the conductive pads on the underside of the chest belt with a few drops of water or a conductive gel to ensure solid contact.



2. Strap the chest belt across your chest. To ensure an accurate heart rate signal, adjust the strap until the belt sits snugly below your pectoral muscles.



TIPS

- The position of the chest belt affects its performance. Move the chest belt along the strap so that it falls above your heart.
- Avoid areas with dense chest hair.
- In dry, cold climates, it may take several minutes for the chest belt to function steadily. This is normal and should improve with several minutes of exercise.
- To maintain the best performance of your chest belt, please handle it with care according to the following:
  - Do not wrap the chest belt in a wet towel nor with other wet materials.
  - Do not store the chest belt in a hot (about 50°C)

SE833 EN 11.indd 8 6/1/09 10:07:13 AM

and humid (about 90%) environment.

- Do not place or wash the chest belt under running water, instead clean it with a wet cloth.
- Do not place the conductive rubber face down on a metal table or surface.
- Properly dry the chest belt immediately after use.

PAIRING DEVICE

IMPORTANT To ensure accurate calculations with your exercise, you should pair the watch with SZ909 chest belt. This chest belt allows pairing of both heart rate and foot pod functions.

The watch can also pair with other chest belts and devices such as foot pod and bike pod that use the ANT Sports System. However, other chest belts can only allow pairing of heart rate function.

1. Press **MODE** repeatedly to select MDEV. The watch will show how many and which devices are paired (if any). If no device is paired, the watch will show "**0 DEVICE PAIRED**".
2. Press **SET** to enter "**PAIR DEVICE**". Press **SET** to start pairing.

PAIR WITH SZ909 CHEST BELT (OR OTHER ANT-SYSTEM CHEST BELTS)

You have 2 ways to pair the watch with chest belt.

- One way is to strap the belt across your chest, and wait until the watch displays

(only with SZ909)

- The other way is as follows:
  i. Hold the chest belt firmly with your thumbs touching the conductive pads that normally contact your chest.
  ii. Rub your thumbs back and forth across the conductive pads a few times until the watch displays the screens above.

NOTE Only with SZ909 chest belt can you pair both HR belt and foot pod. If you pair with other ANT-system chest belt, only HR belt can be found.

NOTE For SZ909 chest belt, pairing is only considered successful when both HR belt and foot pod are found.

PAIR WITH ANT-SYSTEM FOOT POD / BIKE POD

You can purchase foot pod or bike pod separately to pair with your watch, as long as they use the ANT system. For

SE833 EN 11.indd 9 6/1/09 10:07:16 AM

information on pairing, refer to their User Guides.

- When the foot pod is paired successfully, the watch will display

- When the bike pod is paired successfully, the watch will display

NOTE If pairing is weak and unstable:

- Shorten the distance between the device and watch.
- Re-adjust the position of the device.
- Check the batteries. Replace them when necessary.

NOTE If the watch is already paired with SZ909 chest belt, and you want to pair with another chest belt, you have to first delete the SZ909 chest belt before you are able to pair with another chest belt. This principle also applies to bike pod and foot pod.

INPUT BIKE WHEEL SIZE (FOR BIKE POD)

The watch will not show "**WHEEL SIZE**" if no bike pod is paired. For details of bike wheel size, refer to "**BIKE WHEEL SIZE**" section in this manual.

If your watch is paired with bike pod, you will be asked to input the wheel size values.

1. Press **MODE** repeatedly to select MDEV.
2. Press **SET**.
3. Press **ST/LAP/+** repeatedly to select "**WHEEL SIZE**".
4. Press **SET**.
5. Input the bike wheel size by pressing **ST/LAP/+** to increase values or **-/SP** to decrease values.
6. Press **SET** to confirm.

REMOVE PAIRED DEVICE

The watch will not show "**DEVICE REMOVE**" if no device is paired.

1. Press **MODE** repeatedly to select MDEV.
2. Press **SET**.
3. Press **ST/LAP/+** repeatedly to select "**DEVICE**

SE833 EN 11.indd 10 6/1/09 10:07:17 AM

REMOVE".

4. Press **SET**.
5. Press **ST/LAP/+** to select which device to delete.
6. Press **SET** to confirm selection.

CALIBRATING PAIRED DEVICE

The watch will not show "**CAL DEVICE**" if no device is paired.

You can calibrate by running, walking or inputting parameter. The parameter is the same value after you have successfully calibrated by running or walking.

If you want to calibrate the device immediately after pairing, go directly to step 4. Otherwise, start from the beginning.

CALIBRATE BY RUNNING OR WALKING

1. Press **MODE** repeatedly to select MDEV.
2. Press **SET**.
3. Press **ST/LAP/+** repeatedly to select "**CAL DEVICE**".
4. Press **SET**.
5. Press **ST/LAP/+** to select "**CAL BY RUN**" or "**CAL BY WALK**".
6. Press **SET** to confirm selection.
7. The watch will conduct a device search first, as indicated by flashing ♥ and SPEED. Wait until SPEED stops flashing, then press SET to start calibration.
8. Ensure to complete walking or running the selected distance for calibration.

❋ If calibration is successful, the watch will display

NOTE The Run parameter and Walk parameter is the value to enter when calibrating by inputting parameter.

❋ If calibration fails, the watch will display

NOTE The SZ909 chest belt should be calibrated both by running and walking.

SE833 EN 11.indd 11 6/1/09 10:07:22 AM

CALIBRATE BY INPUTTING PARAMETER

You can only know your parameter if you have already successfully calibrated by running or walking beforehand. This is because the parameter is the same value displayed after you have successfully calibrated by running or walking. By inputting parameter, you will be spared the time of calibrating by running or walking again.

1. Press **MODE** repeatedly to select MDEV.
2. Press **SET**.
3. Press **ST/LAP/+** repeatedly to select "**CAL DEVICE**".
4. Press **SET**.
5. Press **ST/LAP/+** to select "**PARA INPUT**".
6. Press **SET** to confirm selection.
7. Input parameter for Walk by pressing **ST/LAP/+** to increase values or **- / SP** to decrease values. The parameter is the same value after you have successfully calibrated by walking.
8. Press **SET** to confirm.
9. Input parameter for Run by pressing **ST/LAP/+** to increase values or **- / SP** to decrease values. The parameter is the same value after you have successfully calibrated by running.
10. Press **SET** to confirm.

CONDUCTING EXERCISE

IMPORTANT To ensure accurate calculations with your exercise, you should pair the watch with SZ909 chest belt or other devices such as bike pod. However, if without pairing, the chest belt will only receive heart rate signal.

There are 2 options for exercise: AUTO and PROG.

- AUTO refers to conducting exercise without using the set exercise profile.
- PROG refers to conducting exercise by using the set exercise profile (refer to **"SET EXERCISE PROFILE"** section in this manual).

To conduct exercise:

1. Press **MODE** to select EXE.
   - To exercise without exercise profile, select

   - To exercise with exercise profile, press **ST/LAP/+** to select

   Press **SET**, then press **-/SP** or **ST/LAP/+** to select which exercise profile to use.

SE833 EN 11.indd 12 6/1/09 10:07:25 AM

NOTE Available lap memory refers to the lap memory available to do exercise. See **"AVAILABLE MEMORY FOR EXERCISE"** for more details.

2. Press **SET** to confirm selection.
3. Wait for the watch to search for device first before pressing **SET** to start exercise. See **"DEVICE SEARCH BEFORE EXERCISE"** for more details.
4. During exercise, you can view your exercise data by manually pressing **SET** repeatedly or automatic toggling. See **"AUTO TOGGLE DATA VIEW DURING EXERCISE"** for more details. To know what exercise data are shown, see "**VIEW EXERCISE DATA DURING EXERCISE**" for more details.
5. If you need to take a break during exercise, press **-/SP**. You can resume exercise by pressing **ST/LAP/+**. See **"PAUSE AND RESUME EXERCISE"** for more details.
6. After you completed your exercise, you can save the exercise data. See **"SAVE EXERCISE DATA"** for more details.

AVAILABLE MEMORY FOR EXERCISE

The watch must have available memory to allow for exercise. If you want to exercise but there is no available lap memory, the watch will prompt you to overwrite first before you can exercise.

When the available lap memory is used up, AUTO and

PROG screens will show

and the watch will display the screens below if you press **SET** to exercise. You cannot start exercise unless you overwrite old lap memories.

Press **SET** to overwrite old lap memories. After overwriting, the available lap memory will resume and the screens will display

SE833 EN 11.indd 13 6/1/09 10:07:30 AM

DEVICE SEARCH BEFORE EXERCISE

Before you start exercise, allow the watch a few seconds to search for device first. This is to ensure you can receive comprehensive calculations (such as your lap, calorie, heart rate, distance, step, speed and cadence) during exercise. But if you start exercise without device search, you will only receive heart rate readings.

When you are in the screen below, you will find that the device icons (, , or) are flashing and there are no heart rate values. Wait until or stops flashing and heart rate values appear. Then you can start exercise by pressing **SET**.

AUTO TOGGLE DATA VIEW DURING EXERCISE

During exercise, if you want the watch to automatically toggle the exercise data, go to Setting Mode to do the setting.

1. Press **MODE** repeatedly to select SET.
2. Press **ST/LAP/+** repeatedly to select **"SET WATCH"**.
3. Press **SET**.
4. Press **ST/LAP/+** or **-/SP** repeatedly to select **"SET VIEW"**.
5. Press **SET**.
6. Press **ST/LAP/+** to select **"TOGGLE ON"**.
7. Press **SET** to confirm selection.

NOTE If you have not set the above setting, you can still view your exercise data by manually pressing **SET** repeatedly during exercise.

PAUSE AND RESUME EXERCISE

If you need to take a break during exercise, press **-/SP**. Do not press **MODE**, otherwise your exercise data will be lost.

During the long pause, the watch will lost connection with the device. Hence, once you resume exercise, allow the watch a few seconds to search for device first by pressing **SET**. You will find that the device icons (, , or) are flashing and there are no heart rate values. Wait until or stops flashing and heart rate values appear. Then you can resume exercise by pressing **ST/LAP/+.**

SE833 EN 11.indd 14 6/1/09 10:07:34 AM

SAVE EXERCISE DATA

1. Press **-/SP** to stop the watch from counting. Do not press **MODE**, otherwise your exercise data will be lost.
2. Press and hold **-/SP** to save and exit.

EXCEED HEART RATE LIMIT

During exercise, if the upper or lower heart rate limit is exceeded, the watch will warn by beeping and displaying

NOTE This feature is only available when exercising with exercise profile. It is not available when exercising in AUTO sub-mode.

VIEW EXERCISE DATA DURING EXERCISE

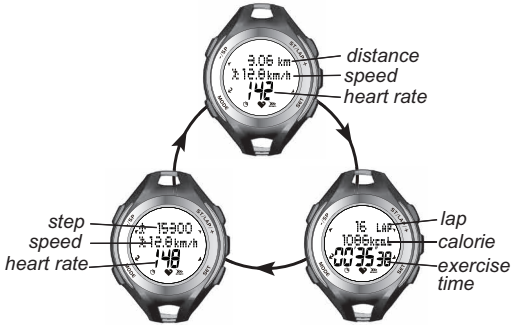
During exercise, you can view your exercise data either by automatic toggling or manually pressing **SET** to toggle screens.

Exercise data for AUTO exercise

The diagrams below illustrate what exercise data will show during exercise when paired with different devices.

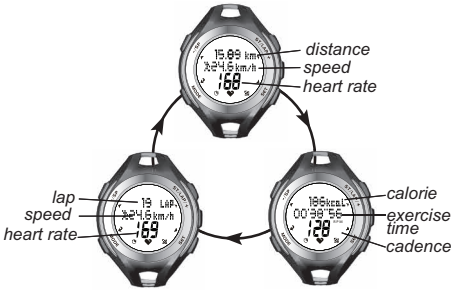
- **When paired with HR chest belt (except SZ909 chest belt)**

- **When paired with HR chest belt + foot pod (or paired with SZ909 chest belt only)**



SE833 EN 11.indd 15 6/1/09 10:07:41 AM

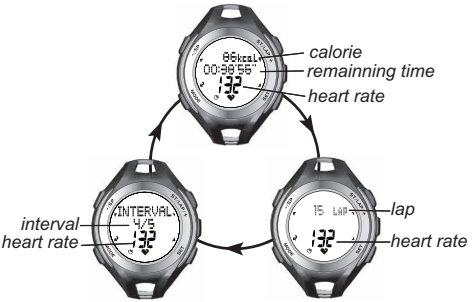
- **When paired with bike pod**



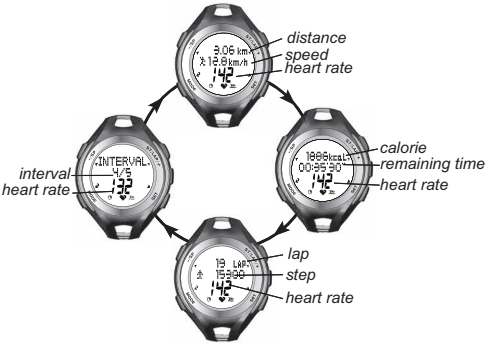
Exercise data for PROG exercise

The diagrams below illustrate what exercise data will show during exercise when using different exercise profiles.

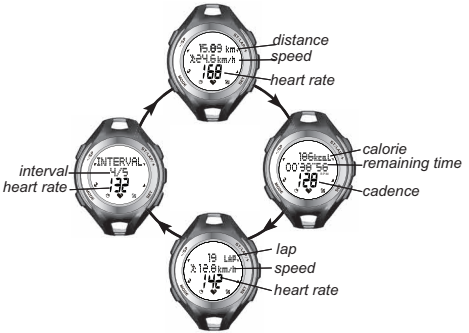
- **When using Cardio profile**



- **When using Running profile**



- **When using Cycling profile**



SE833 EN 11.indd 16 6/1/09 10:07:51 AM

VIEWING EXERCISE RECORD

NOTE Memory Mode will not display when no exercise record is stored.

To view exercise records:

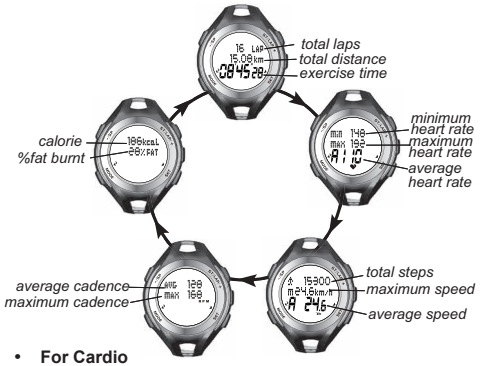
1. Press **MODE** repeatedly to select MEM. Your watch will display the number of exercise records.
2. Press **SET**.
3. View your exercise records by pressing the following buttons:
   - **ST/LAP/+** to select option
   - **-/SP** to select option
   - **SET** to enter Summary Record page or Lap Record page and view record details
   - **MODE** to return to previous page

In each exercise record, it may either include a Summary Record page only or a Summary Record page plus a Lap Record page.

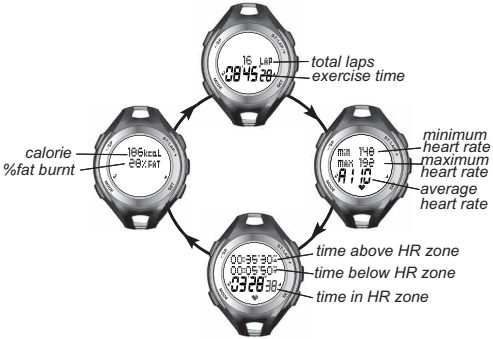
VIEW EXERCISE RECORD IN SUMMARY RECORD PAGE

The diagrams below illustrate what exercise record details will show for different exercise profiles. Press **SET** to toggle screens.

- **For Auto**

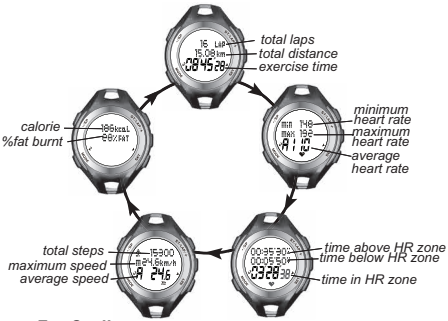


- **For Cardio**

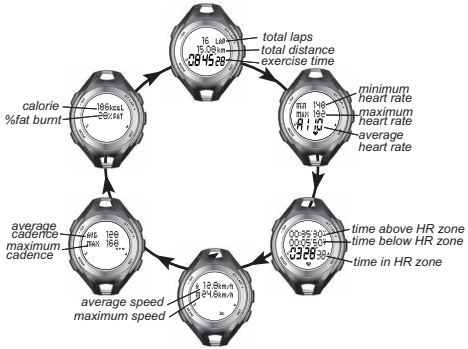


SE833 EN 11.indd 17 6/1/09 10:08:00 AM

- **For Running**



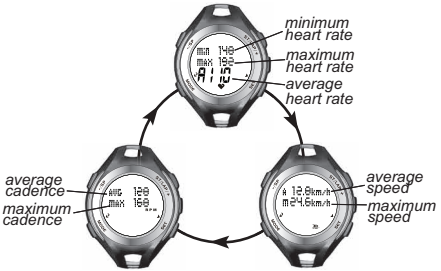
- **For Cycling**



VIEW EXERCISE RECORD IN LAP RECORD PAGE

The diagrams below illustrate what exercise record details will show for different exercise profiles. Press **SET** to toggle screens.

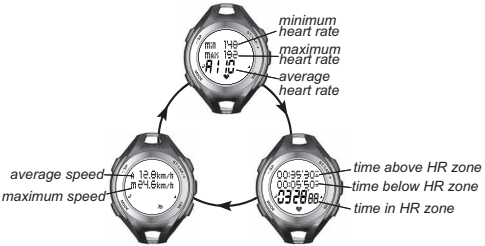
- **For Auto**



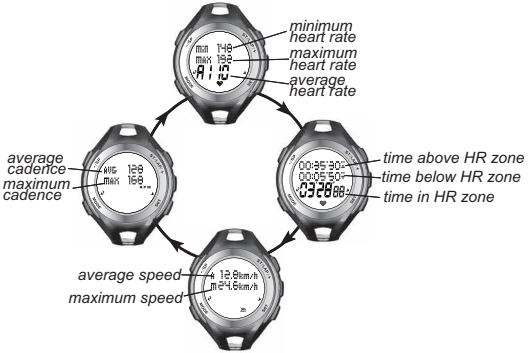
- **For Cardio**

SE833 EN 11.indd 18 6/1/09 10:08:12 AM

- **For Running**



- **For Cycling**



DELETE MEMORIES

You cannot select memory to delete, but have to delete all memories.

1. Press **MODE** repeatedly to select MEM. Your watch will display the number of exercise records.
2. Press **ST/LAP/+**. Your watch will ask if you are going to clear memory.
3. Press and hold **SET** until the watch displays

KNOWING YOUR FITNESS INDEX

Your watch will generate a fitness index based on your aerobic exercise (by running 1 mile or 1.60 km).

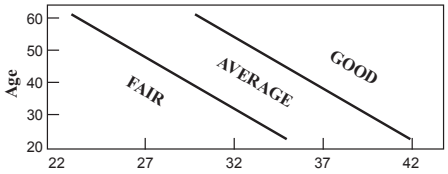
IMPORTANT Ensure your watch is already paired with heart rate chest belt before doing the fitness test.

1. Press **MODE** to select EXE.
2. Press **ST/LAP/+** repeatedly to select **"FITNESS TEST"**.
3. Press **SET**. The watch will conduct a device search

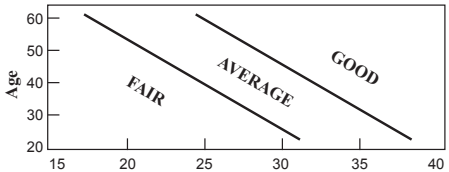
first, as indicated by flashing and SPEED. Wait until SPEED stops flashing. The watch will also prompt you to run 1 mile.

4. Press **SET** to start running. Ensure to complete running 1 mile for accurate fitness measurement. While running, the watch will display the exercise time, distance and heart rate.
5. After completing the run, your watch will automatically calculate and show your fitness index. The higher the index, the fitter you are. The diagrams below provide a general guide as to what your fitness index means.

FITNESS INDEX FOR MEN



FITNESS INDEX FOR WOMEN



OTHER OPERATION AND SETTING

ACTIVATE BACKLIGHT

Press / to turn backlight On for 5 seconds.

NOTE The backlight function will not operate if " " or " " is displayed.

LOCK / UNLOCK KEYPAD

Press and hold / for 2 seconds to lock or unlock keypad. indicates keypad is locked.

SET ALARM ON / OFF

1. In Time Mode, press **SET**.
2. Press **ST/LAP/+** to turn alarm On or Off. indicates the alarm is turned On.
3. Press **MODE** or **SET** to exit.

SILENCE ALARM

- Press any button to stop the alarm and it will activate again 24 hours later.

OR

- Set the alarm to Off.

SET BEEP TONE ON / OFF

In Time Mode, press **ST/LAP/+**. indicates the beep tone is turned Off.

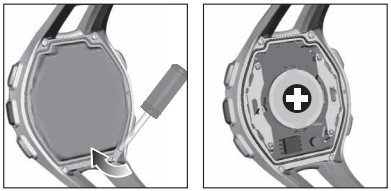
SE833 EN 11.indd 20 6/1/09 10:08:25 AM

REPLACE BATTERY

If the battery power of your watch or chest belt is low, the watch will display:

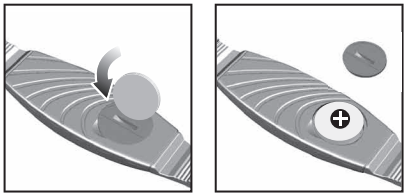
watch low battery **chestbelt low battery**

To replace watch battery:



1. Use a small screwdriver to open the battery compartment lid.
2. Remove the old battery and insert a new CR2032, 3V lithium battery.
3. Secure the lid by screwing it back into place.

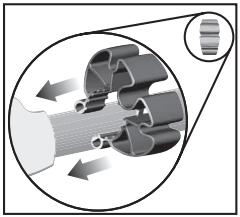
To replace chest belt battery:



1. Use a coin to open the battery compartment lid by turning it anticlockwise.
2. Remove the old battery and insert a new CR2032, 3V lithium battery.
3. Secure the lid by turning the coin clockwise.

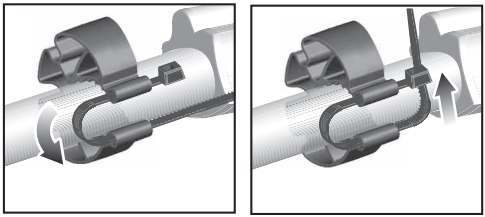
INSTALL BIKE MOUNT

1. Clasp the bike mount onto a bike or exercise machine.

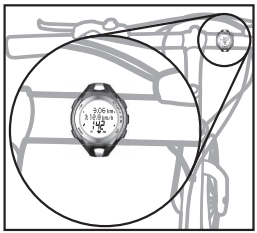


SE833 EN 11.indd 21 6/1/09 10:08:30 AM

2. Insert the nylon cord to secure the bike mount according to the diagrams below.



3. Fix the watch onto the bike mount.



USEFUL REFERENCE

TARGET ZONE

To help achieve maximum health benefits from your workout programme, it is important to know your:

- Maximum Heart Rate (MHR)
- Upper heart rate limit
- Lower heart rate limit

MHR is expressed in beats per minute. You can get your MHR from an MHR test, or you can estimate it by using the following formula:

220 - age = MHR

The watch is pre-programmed with 5 target zone options, each with its lower and upper heart rate limit, as listed in the table below.

	Lower Limit	Upper Limit
Zone 1	50% x MHR	60% x MHR
Zone 2	60% x MHR	70% x MHR
Zone 3	70% x MHR	80% x MHR
Zone 4	80% x MHR	90% x MHR
Zone 5	90% x MHR	100% x MHR

The most popular zone range is from 50% to 80% of your Maximum Heart Rate. This is where you achieve cardiovascular benefits, burn fat and become fitter.

50%	Moderate Activity
60%	Weight Management
70%	Aerobic Zone
80%	Anaerobic Threshold Zone
90%	Red Line Zone (maximum capacity)
100%	

SE833 EN 11.indd 22 6/1/09 10:08:37 AM

There are three categories of training as described in the table below.

TRAINING CATEGORY	MHR%	DESCRIPTION
Health Maintenance	65-78%	This is the lowest training intensity level. It is good for beginners and those who want to strengthen their cardiovascular systems.
Aerobic Exercise	65-85%	Increases strength and endurance. It works within the body's oxygen intake capability, burns more calories and can be maintained for a long period of time.
Anaerobic Exercise	78-90%	Generates speed and power. It works at or above the body's oxygen intake capability, builds muscle and cannot be maintained for a long period of time.

The upper and lower heart rate limits are calculated by multiplying your MHR by the percentages of the selected training category.

For example:

A 40-year-old training for basic health maintenance:

- His upper heart rate limit [220 - 40(age)] x 78%
- His lower heart rate limit [220 - 40(age)] x 65%

IMPORTANT Always warm up before exercise and select the training category that best suits your physique. Exercise regularly, 20 to 30 minutes per session, three to four times a week for a healthier cardiovascular system.

WARNING Determining your individual training category is a critical step in the process towards an efficient and safe training programme. Please consult your doctor or health professional to help you determine exercise frequency and duration appropriate for your age, condition and specific goals.

BIKE WHEEL SIZE

Match the ETRTO or wheel size diameter printed on the wheel with the wheel size setting at the right hand column of the table below. Input the relevant wheel size setting number after bike pod is paired.

ETRTO	Wheel size diameter (inches)	Wheel size setting (mm)
25-559	26 x 1.0	1884
23-571	650 x 23C	1909
35-559	26 x 1.50	1947
37-622	700 x 35C	1958
47-559	26 x 1.95	2022
20-622	700 x 20C	2051
52-559	26 x 2.0	2054
23-622	700 x 23C	2070
25-622	700 x 25C	2080
28-622	700 x 28	2101
32-622	700 x 32C	2126
42-622	700 x 40C	2189
47-622	700 x 47C	2220

SE833 EN 11.indd 23 6/1/09 10:08:42 AM

NOTE Wheel sizes on this table are for reference only as wheel size depends on the wheel type and air pressure.

CONNECTING WITH PC APPLICATION SOFTWARE

The AD108 PC Application Software is a software designed for users in order to benefit from all features of their SE833 watch. You can use the software to upload and download data to/from your SE833 watch, and to organize and view the downloaded data on your computer. Additionally, you can also use the software to create or modify the settings of your watch.

Software features include:

- Up to 50 multi-user accounts
- Up to 3 custom exercise profiles for upload to watch
- Display of exercise records in summaries and graphs
- Creation and modification of user data and settings

PC REQUIREMENTS

Make sure your PC has the following configuration before installing the software:

- Operating system: Microsoft Windows 2000, XP SP2 or Vista
- Processor: Intel® Pentium® III 1GHz or faster (minimum); Pentium 4 2GHZ or faster (recommended)
- RAM: 512MB (minimum); 1GB (recommended)
- Hard disk free space: Min. 512MB
- Screen Display Area: 1024 x 600 pixels

SYNCHRONISING SE833 WATCH WITH PC APPLICATION SOFTWARE

You can either upload data from the software to the SE833 watch or download data from the SE833 watch to the software.

Data to upload from software to watch:

- up to 3 customised exercise profiles (the custom exercise profiles will be added in addition to the default exercise profiles in the watch)
- new or modified user data or device settings (once uploaded, the current user data and device settings in the watch will be overwritten)

Data to download from watch to software:

- all exercise records (exercise records will be saved and accumulated in the software)
- new or modified user data or device settings (once downloaded, the current user data and device settings in the software will be overwritten)

NOTE For more details about the exact data being uploaded or downloaded, refer to **"UPLOAD AND DOWNLOAD DATA"** in the **PC Application Software User Guide** inside the CD-ROM.

SE833 EN 11.indd 24 6/1/09 10:08:42 AM

To synchronise watch with software:

On the PC

1. Plug in the USB dongle.
2. Start up the software by double-clicking .
3. Click Sync on the software.

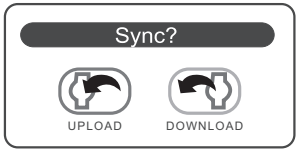
On the watch

4. Press **MODE** repeatedly to select PC.

5. The screen will be displayed. Press **SET** to start synchronising.

On the PC

6. The message box below will be displayed.



- To upload data from the software to the SE833 watch, click .
- To download data from the SE833 watch to the software, click .
- To exit, press **Esc**.

NOTE Synchronisation cannot be cancelled while in progress.

On the watch

7. If synchronisation is successful, the screen will display

. If synchronisation fails, the screen will display

. Press **ST/LAP/+** then **SET** to try again or press **MODE** to exit.

NOTE For more details of the software interface and functions, refer to the **PC Application Software User Guide** inside the CD-ROM.

SE833 EN 11.indd 25 6/1/09 10:08:47 AM

WATER RESISTANCE

Item	Water resistance
SE833 watch	50 metres (164 feet) This means you can use the watch for swimming or other water sport activities (such as surfing) but it must not be used for snorkeling and deep water diving. **NOTE** • Ensure the buttons and battery compartment are secured and intact before exposing the watch to excessive water. • Avoid pressing the buttons while in the water or during heavy rainstorms, as this may cause water to enter the watch, leading to malfunction.
SZ909 chest belt	10 metres (32.8 feet) Not recommended to use for swimming.
AD112 USB dongle	No

NOTE Even if both the SE833 watch and the SZ909 chest belt are water-resistant, as radio signals do not carry in water, signal transmission between the watch and chest belt will still be impossible in water.

SPECIFICATIONS

CLOCK	
Time format	12/24 hour format with hour / minute / second
Date format	DD / MM or MM / DD
Year range	2009 - 2058
Alarm	Alarm with daily, weekday or weekend settings
TRAINING	
Exercise time range	00:00:00 to 99:59:59
Rest time range	00:00:00 to 99:59:59
Warm up time range	00:00:00 to 00:15:00
Recovery timer range	0 or 5 minutes
Target heart rate zone	Zone 1 to 5
Lower heart rate limit range	30 to 220 bpm
Upper heart rate limit range	80 to 240 bpm
Distance measurement range	0 to 60.99 unit (unit is km or mile)
Step measurement range	0 to 999999
Maximum lap count	99
Cadence measurement range	1 to 1999 rpm
Number of interval training	2 to 5
Calorie range	0 to 9999 kcal
Fat burn percentage range	0 to 100%
Fitness Index range	1 to 99

SE833 EN 11.indd 26 6/1/09 10:08:48 AM

POWER	
Watch	1 x CR2032 3V lithium battery
SZ909 chest belt	1 x CR2032 3V lithium battery
OPERATING ENVIRONMENT	
Operating temperature	**For watch** 0°C to 40°C (32°F to 104°F) **For SZ909 chest belt** 5°C to 40°C (41°F to 104°F)
Storage temperature	**For watch and SZ909 chest belt** -20°C to 60°C (-4°F to 140°F)

PRECAUTIONS

To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product:

- Use a soft, slightly moistened cloth. Do not use abrasive or corrosive cleaning agents, as these may cause damage. Use lukewarm water and mild soap to clean the watch thoroughly after each training session. Never use the product in hot water or store it when wet.
- Damage to the product may occur if the keys are pressed underwater.
- Hot steam may cause damage to the product. Do not wear it in steaming shower, spa or hot tub.
- The product should be rinsed thoroughly with fresh water after being in contact with salt water.
- Do not subject the product to excessive force, shock, dust, temperature changes, or humidity. Never expose the product to direct sunlight for extended periods. Such treatment may result in malfunction.
- Do not bend or stretch the transmitter part of the chest belt.
- Do not tamper with the internal components. Doing so will terminate the product warranty and may cause damage. The main unit contains no user-serviceable parts.
- Do not scratch hard objects against the LCD display as this may cause damage.
- Take precautions when handling all battery types.
- Remove the batteries whenever you are planning to store the product for a long period of time.
- When replacing batteries, use new batteries as specified in this user manual.
- The product is a precision instrument. Never attempt to take this device apart. Contact the retailer or our customer service department if the product requires servicing.
- Do not touch the exposed electronic circuitry, as there is a danger of electric shock.
- Check all major functions if the device has not been used for a long time. Maintain regular internal testing and cleaning of your device. Have your watch serviced by an approved service center annually.
- When disposing of this product, ensure it is collected

SE833 EN 11.indd 27 6/1/09 10:08:48 AM

separately for special treatment and not as normal household waste.

- Due to printing limitations, the displays shown in this manual may differ from the actual display.
- The contents of this manual may not be reproduced without the permission of the manufacturer.

NOTE The technical specifications for this product and the contents of the user manual are subject to change without notice.

NOTE Features and accessories will not be available in all countries. For more information, please contact your local retailer.

ABOUT OREGON SCIENTIFIC

Visit our website (www.oregonscientific.com) to learn more about Oregon Scientific products.

If you're in the US and would like to contact our Customer Care department directly, please visit:

www2.oregonscientific.com/service/support.asp

For international inquiries, please visit:

www2.oregonscientific.com/about/international.asp

EU-DECLARATION OF CONFORMITY

Hereby, Oregon Scientific, declares that this Heart Rate Monitor with Speed and Distance plus PC Connection (model SE833) is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC. A copy of the signed and dated Declaration of Conformity is available on request via our Oregon Scientific Customer Service.

COUNTRIES RTTE APPROVED COMPLIED

All EU countries, Switzerland CH and Norway N

FCC (US) / IC (CANADA) STATEMENT

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

WARNING Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

SE833 EN 11.indd 28 6/1/09 10:08:49 AM

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio / TV technician for help.

This Class B digital apparatus complies with Canadian ICES-003.

DECLARATION OF CONFORMITY

The following information is not to be used as contact for support or sales. Please visit our website at www2.oregonscientific.com/service for all enquiries.

We

Name:	Oregon Scientific, Inc.
Address:	19861 SW 95th Ave.,Tualatin, Oregon 97062 USA
Telephone No.:	1-800-853-8883

declare that the product

Product No.:	SE833
Product Name:	Heart Rate Monitor with Speed and Distance plus PC Connection
Manufacturer:	IDT Technology Limited
Address:	Block C, 9/F, Kaiser Estate, Phase 1,41 Man Yue St., Hung Hom, Kowloon, Hong Kong

is in conformity with Part 15 of the FCC Rules. Operation is subject to the following two conditions: 1) This device may not cause harmful interference. 2) This device must accept any interference received, including interference that may cause undesired operation.

SE833 EN 11.indd 29 6/1/09 10:08:49 AM